



Department of Health and Human Services/Centers for Disease Control and Prevention

Global AIDS Program (GAP)

Under the direction of the U.S. Global AIDS Coordinator's Office, the HHS/CDC Global AIDS Program (GAP) is a proud partner in the unified U.S. Government effort to implement the President's Emergency Plan for AIDS Relief. GAP helps resource-constrained countries prevent HIV infection; improve treatment, care, and support for people living with HIV; and build capacity and infrastructure to address the global HIV/AIDS pandemic.

About Our Work: Palliative Care

Palliative Care & Medical Man- agement: *Best provided hand- in-hand*

People receiving antiretroviral therapy (ART) are coping with a chronic rather than a terminal disease. Palliative care in concert with medical management should be a goal for the standard of care for all HIV-infected persons.

GAP Thailand's palliative care program includes bereavement care being provided by hospice programs – an example of end-of-life services.

Services provided to patients and families affected by HIV include strengthening the network of organizations that provide medical, psychosocial, spiritual, and end-of-life services.

Palliative care is a holistic approach that begins with the diagnosis of HIV infection and continues throughout the course of this chronic condition. Palliative care is complementary to antiretroviral therapy (ART) and becomes increasingly important as the disease progresses. The need for palliative care services, and the types of services needed, changes due to the progressive and fluctuating nature of HIV disease and the evolving needs of the individual and the family.

Building on earlier definitions of palliative care developed by the Health Resources and Services Administration (HRSA) and the World Health Organization (WHO), the Global AIDS Program (GAP) supports expansion of an interdisciplinary approach to palliative care which includes the following interventions to relieve physical, emotional, and spiritual suffering:

- ◆ routine clinical monitoring and management of HIV/AIDS complications;
- ◆ opportunistic infection prevention and treatment;
- ◆ management of opportunistic cancers;
- ◆ management of neurological and other diseases associated with HIV/AIDS;
- ◆ symptom diagnosis and relief;
- ◆ social support, including organization of basic necessities such as nutrition, financial assistance, legal aid, housing;
- ◆ mental health care and support;
- ◆ support for caregivers;
- ◆ bereavement support for family members.

The palliative care services provided and the availability of caregivers varies by country and region. However, in all cases, an emphasis is placed on the need for a team approach that provides services in a variety of settings, including health care facilities, the community, and the home.

GAP's goal is to provide, strengthen, and expand care and treatment services for people suffering from HIV/AIDS, building on the strengths of each community. Several countries, including Uganda, South Africa, Kenya, Malawi, and Thailand, have national AIDS plans that include protocols and support for palliative care. GAP works closely with ministries of health in these countries to achieve the host countries' goals.

In countries where national palliative care policy is still in development, GAP works with partners to support a continuum of care that includes palliative care, such as training lay health workers for home-based care and strengthening service coordination for persons living with AIDS.

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